

Elk Point REVIEW

5/4/04

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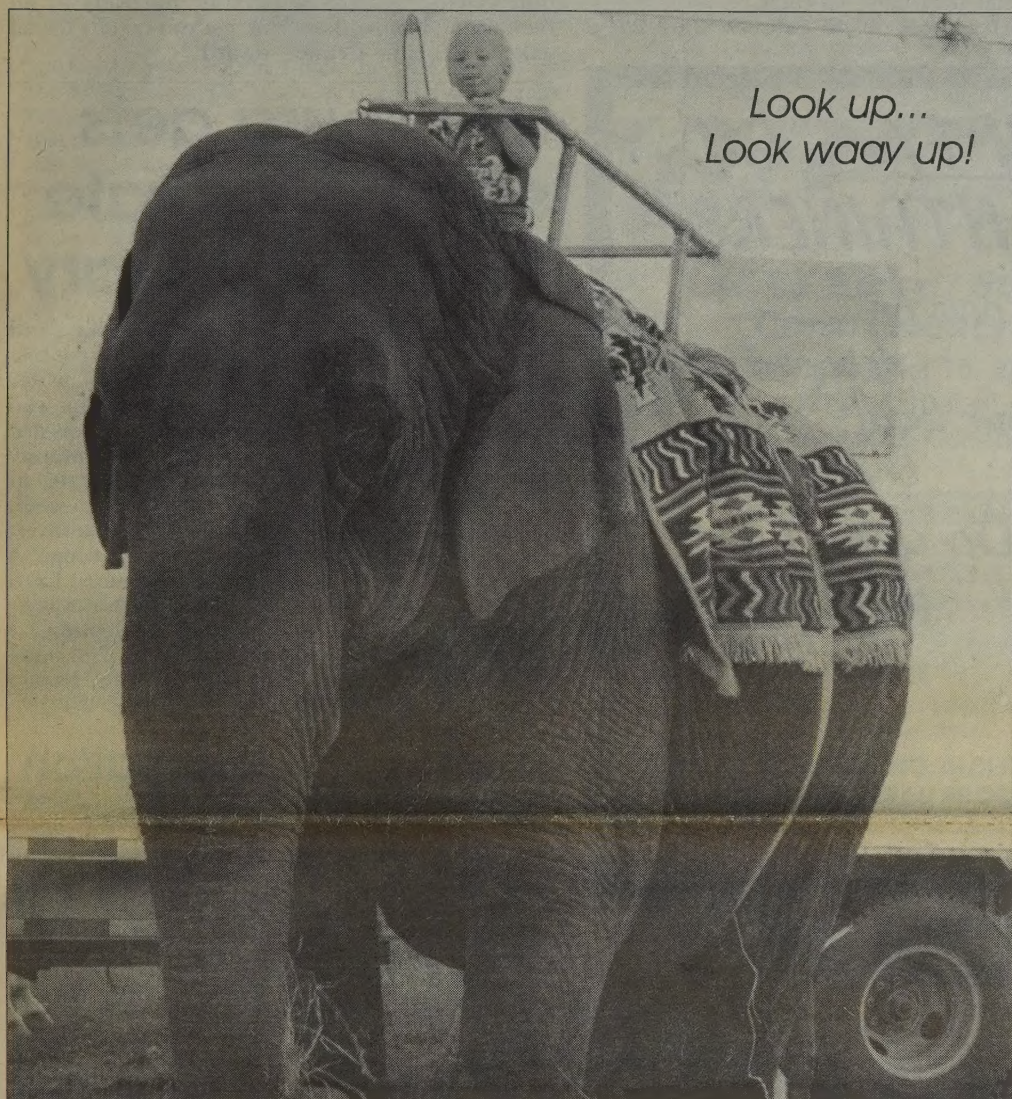
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Tuesday, August 5, 2003

Pg. 1



Volunteers work so children may play



*Look up...
Look waaay up!*

Fun fills Monday's circus big top

It was all a circus should be - a massive striped tent with three rings, acrobats, a circus clown who doubled as a tightrope walker, a juggler, a trapeze artist, a one-man-band, well-trained animals including dogs, horses, a majestic elephant, a camel and even a zebra.

Two enthusiastic crowds enjoyed hour-and-a-half-plus performances of the Bailey

Bros. Circus last Monday at the Elk Point Fair Grounds, watching the clown juggle bowling pins, balls and hats, a sword juggler who even climbed up and down a ladder with a flaming torch balanced atop two swords, a chair-stacking acrobat and a rope artist who seemed quite comfortable way up in the heights of the big top, and much more. During a brief

intermission, some circus visitors had their picture taken draped with a python, others took rides on the elephant and camel, or munched contentedly on popcorn or cotton candy.

The circus was originally scheduled for the Canada Day weekend, but was forced to reschedule due to difficulty bringing their animals into Canada.

Elk Point Fair goes this weekend

Elk Point and District Agricultural Society is proud to present Fair 2003, August 9 and 10 in the A. G. Ross Arena.

Exhibits will be accepted at the Arena from 10 a.m. to 2 p.m. on Saturday, August 9. Fair books listing a stunning variety of categories of entries are available at the Elk Point Review and at Cal's Home Hardware, and entrants are encouraged to pick up entry tags as well, so items may be tagged before bringing them to the arena. A \$1 entry fee allows an exhibitor to enter as many categories as he or she wishes, and also includes free admission to view the exhibits on Sunday.

Public viewing is scheduled for August 10 from 1 p.m. to 4 p.m. Make sure to check out the special display of quilts, old and new, which will be held in conjunction with the Fair.

Prizes will be awarded at 4 p.m., with cash and merchandise prizes in each section of the Fair as well as Aggregate prizes for the three exhibitors collecting the most total points.

Don't build more roofs, Stelmach says

Taking care of existing buildings should take precedence over building new facilities, given the current economic situation in Alberta communities, according to Minister of Transportation Ed Stelmach. "I am of the opinion that we shouldn't build more roofs. We've got to make sure what we have are maintained," Stelmach told Elk Point Town Council during a special meeting on July 24.

The cost of maintaining and operating those community facilities is a major concern, and Council asked MLA Ray Danyluk for his input. The Town would like to see the County of St. Paul share their linear tax revenues, but Danyluk said "we could argue that for a long time. You want some of the County's linear taxes, they're not excited about giving it up."

"When we tried to approach the County, they didn't feel they needed to give us money to help operate our facilities," Councillor Parrish Tung told Danyluk. Town Council feels St. Paul is getting funding toward recreational facilities while Elk Point is not. "We may ask the County for a per capita grant for recreation."

Danyluk noted that Elk Point and St. Paul have "such different circumstances. The Town of St. Paul manages the swimming pool and arenas. Here everything is run by the Ag Society and other groups - it's a different sort of deal" He added that "when I was with the County, I felt it was important to provide more funding for Mallaig, Elk Point and the other smaller communities."

Tung acknowledged that the Town is "fighting on behalf of the volunteer groups. It would be nicer if the County gave Elk Point a lump sum - now it has to be done case by case every year. It's not a steady kind of funding."

(Continued on Page 2)

■ Up Front

Community Choir on tour in UK

It was "all aboard" last Monday morning for 35 members of the Elk Point Community Choir, along with five spouses, relatives and friends, as they set off for a concert tour of England, Scotland and Wales.

After flying to London, the singers and their entourage were headed for Cardiff, Wales, to sing with the Cor Bro Ogwr Choir in nearby Porthawl. After touring

England's picturesque Lake Country, they were scheduled to perform at St. Filian's Church in Aberdour, Scotland, near Edinburgh. Other concerts were planned for Harrowgate, near York, England and in the London suburb of Bromley. The group also plans to do plenty of sightseeing and to visit a number of museums before they fly home this coming Sunday, August 10.



AND THEY'RE OFF! Elk Point Community Choir and friends set off for England last Monday.

community NEWS

CRIME STOPPERS

■ Sometime between 10:00 p.m. on Saturday, July 27 and 3:00 a.m. on Sunday, July 28 an old farm residence that was no longer in use and which was located at NW 6-56-6 W4 suspiciously caught fire and was destroyed.

■ Sometime in the early morning of June 30, between 12:30 and 3:30

Suspicious fire destroys farmhouse

a.m., a theft occurred at the Elk Point arena during the beerfest. A cell phone, black fleece jacket and camera were stolen. The items were on the back of a chair near the entrance to the arena.

■ Sometime between the evening of July 2 and the morning of July 3, unknown suspect(s) vandalized the coin

operated washing machines in two separate apartment buildings in Elk Point. It is unknown how much money was stolen, however the amount could be as high as \$600 in loonies and quarters.

■ On July 21, Elk Point RCMP received a report from EMS Well Servicing that they had a dethomometer, a set of

2 7/8 tubing elevators and a set of 3 1/2 slips stolen from a site at 13D-31-57-4-W4, east of Elk Point. The theft would have occurred overnight of the 20th. Serial numbers have been entered on the police computer as stolen. The slips and elevators are both red in color.

■ Between July 23 at

1:30 a.m. and July 24 at 11:00 a.m., a blue 2003 Kia Sedona van was vandalized. The van received three large scratch marks on the passenger side. The van was parked on 51 Street at 57 Avenue when the vandalism occurred.

Anyone with information regarding any of the above incidents is asked to call Crime

CRIME STOPPERS

Stoppers at 1-800-222-TIPS (8477 or the Elk Point RCMP Detachment at (780) 724-3829. Crime Stoppers will pay up to \$2000 for information leading to the arrest of the person(s) responsible for this or any other crime. You do not have to reveal your identity and if your tip leads to an arrest you qualify for an award.



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080103

Heinsburg gets set to celebrate 75th anniversary

Saturday, August 23 has been set for Heinsburg's 75th Anniversary Homecoming, commemorating three quarters of a century since the coming of the railroad and the founding of the community. Invitations have gone out to numerous former residents and business owners, in hopes that they will join the celebration.

Activities will kick off with a parade at 1 p.m., with the theme, "Shadows of the Past." Parade entries would be very much appreciated and may be phoned in to Grace Meger, at 943-2333.

The afternoon will feature tours of the historic railway water tower and railway station, an open house at Heinsburg Community School, a program at the community hall, and the official anniversary cake cutting. A supper is planned for 6 p.m., followed by a jam-boree in the evening.

Make plans to come celebrate with Heinsburg on August 23!

Recreation facilities

(Continued from Front Page)

"Maybe the Town should take the initiative to meet with the County," Danyluk suggested. "When I was the reeve, the Town didn't want to have those discussions."

"Recreation is a n issue," Stelmach added. "It comes up at many meetings across the province."

The Infrastructure Canada Alberta Program involved municipalities in deciding what projects went ahead, he said. "The feds didn't like it, but the municipalities and the province got together and decided on 'green' projects like water treatment, and refurbishing buildings. "The feds felt you can't hang a plaque on a sewer line."

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Public Viewing Sunday 1 - 4

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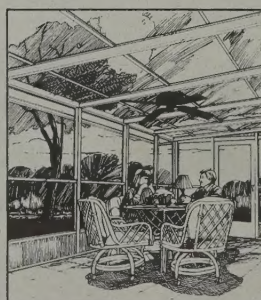
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* What is Bill C 31? It is an act to amend the Indian Act / passed in June 1985.

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community **NEWS****"The Marksman" moves up to AA, wins provincial silver**

You don't know what it's like being the provincial champions unless you've been there. A dream comes true. I'm still feeling a little high two weeks later, the biggest kick I've ever had. The Elk Point Sox are the Midget "A" Provincial champions! Gee, I like the sounds of that. It's going to be even better when our team picture show up in next year's Base-ball Alberta magazine, with the caption "2003 Midget A Provincial Champions - Elk Point Sox."



**doug
BASSETT**

Review Sports

The long road started 15 years ago in T-ball, the past 8 years with the Midget Sox. The years have gone by, but never have I had a better time, it's been so much fun, and there's one very important person I forgot to thank last week, my wonderful wife Donna for letting me live out this dream. After my son Jordan finished playing midgets four years ago, she supported me when I wanted to continue with the team. And it's been a long time in the making, you can tell, just take one look at our uniforms, this would be a good time for a change, time for some new ones I would say.

The phone was buzzing all this past week; team managers were calling from the AA teams. The word spread fast. "Who is that kid that shut down Standard? We want to try to pick him up." You see, the weekend after the Midget A provincials, the AA provincial was played in Waskatenau and our very own man who saved the day, Mark "the Marksman" Letestu, was picked up by the Provost Shooters.

Now, don't get me wrong, it was a total team effort that won provincials. In those last two games, everyone contributed with their hitting and fielding, and some other guys on our team could easily play at the AA level. But when you're going to the show you usually need to strengthen your bullpen, going all the way means five games in three days, sometimes back to back. Each team can draft two players just as the Sox did when they picked up Kyle Langstaff from Sherwood Park and Chad Price out of Acme. The AAs can draft not only from AA teams that don't make the finals, but they can also pick up from the A teams.

The AA teams picked up three of the Standard pitchers and the closer off the Crowsnest team was there also. So you can see it was no fluke that the Sox defeated these teams, their pitchers were as good as anyone playing AA. It's a matter of opinion, but our guys, well, they are all AAA material as far as I'm concerned, and could play with any team, anytime, anywhere! We're all so proud of them.

During the AA tournament "Marksman" played third base on Saturday against Sherwood Park, and drove in the winning run for the Provost team. In the next game, a must win situation, "Marksman" came in to pitch in the final inning and shut down the Airdrie Astros. In the semi finals on Sunday against Dr. Randy Gregg's Edmonton Northstars Marksman had two hits and drove in two runs. For the weekend total, "Marksman" went 5 for 6 at the plate with 4

R.B.I.'s; making it into the finals where the Shooters won the silver medal. So the "Marksman" now has a gold and a silver medal to hang on the wall all in the same year. Not too shabby I would say.

And now for the K. A. Campbell's quote of the week "Hitting is timing. Pitching is upsetting timing" Last week's answer to: "I like the job I have now, but if I had my life to live over again, I'd like to have ended up a sports writer." Richard Nixon. Got any scoops? Now you can Email them to sportshound007@hotmail.com

You and your family are invited to join our **MLA, Ray Danyluk** for the annual

Lac La Biche / St. Paul Constituency BBQ.

Friday, August 15, 2003
Time: 6:00 p.m.
Place: Westcove Campground
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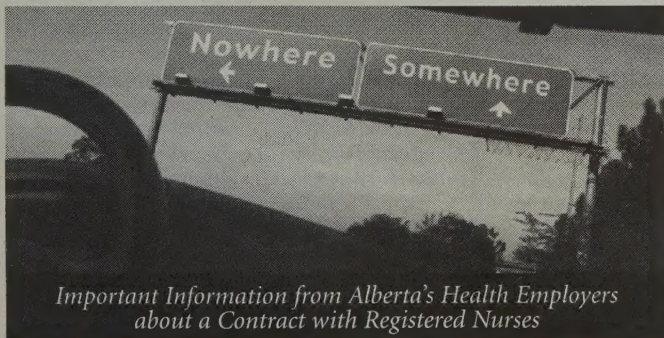
August 9 & 10, 2003
A.G. Ross Arena

Exhibits taken August 9
from 10:00 am - 2:00 pm

Public viewing August 10
from 1:00 pm - 4:00 pm

**Prizes Awarded
August 10 at 4:00 pm**

It's time to move forward



*Important Information from Alberta's Health Employers
about a Contract with Registered Nurses*

Alberta's Registered Nurses work hard and provide quality care to their patients, every day.

But right now the nurses' union is blocking a new contract and has threatened an illegal strike.

An independent mediator has been working since April to resolve contract issues between the United Nurses of Alberta and Alberta's health employers. His final report was released last week and the nurses' union moved immediately to reject it.

While Alberta's health employers have concerns with some of the mediator's recommendations, we believe it's time for reasonable compromise. We are prepared to accept the report, because overall it will result in a contract that's good for patient care, improves flexibility and recognizes nurses.

Flexibility for Better Patient Care

- The new contract would allow better scheduling of nursing shifts on evenings, nights and weekends to enable appropriate patient care around the clock.
- It would provide greater flexibility in temporarily reassigning nurses to other work sites during emergencies, or for specific operational requirements – such as reducing diabetic waiting lists, patient education or specialized services such as cardiology. Nurses would be given five days notice except in an emergency, and orientation to the new workplace would be mandatory.

Recognizes Nurses

- The new contract would increase salaries over the next three years, ensuring Alberta's nurses remain among the highest paid in Canada.
- It would include an innovative program that gives greater flexibility to retiring nurses and allows new nurses to gain experience at the same time.

It's Time for a Fair and Reasonable Compromise

During mediation, Alberta's health employers didn't get everything we wanted to improve the delivery of health care. For example, the contract still includes barriers to bringing new nurses into the system quickly and efficiently – and new language in the contract around scheduling could sharply increase the number of union grievances. But Alberta's health employers accept that the process was fair and independent, and that mediation is about compromise.



**It's time to sign a new
contract that works as hard
as our nurses.**

Alberta's
Health Regions

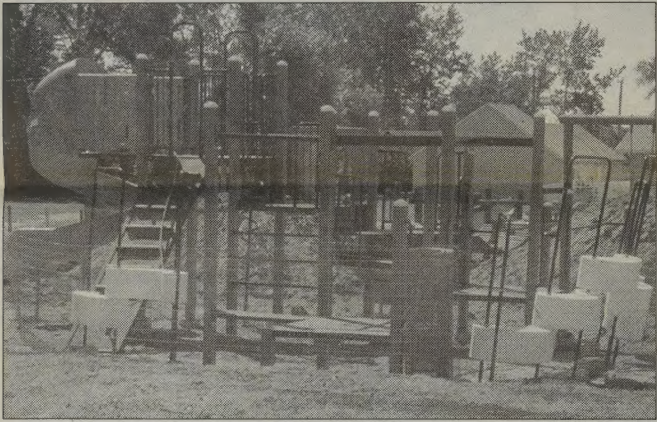


review VIEWPOINTS

Playground upgrade



GROUNDWORK got underway Friday evening, July 25, with Town councillor Parrish Tung (centre) and Town manager Myron Goyan (left) among the volunteers preparing the holes for installation of the new equipment.



A WEEKEND OF HARD WORK by a half dozen community volunteers and members of the Town crew, supervised by Ron Fraess, had the equipment ready to be cemented in place by Monday morning. The upgraded playground will be up and running later this week, thanks to all who pitched in to assist.

■ Nutrition Notes

High protein, low carb diets

Many popular diets are based on high protein, low carbohydrate menus. The diets are popular because there may be an initial high weight loss. As well, there is freedom to eat unlimited amounts of high protein foods not generally recommended on traditional diets.

The high protein, low carbohydrate diets emphasize eating foods high in protein (meat, fish, eggs) and limiting foods high in carbohydrates (fruits, vegetables, grains and milk) to assist with weight loss.

Do these diets work? Analysis of daily menus shows they are simply low calorie diets masquerading as having unique metabolic effects. As well, with the low carbohydrate intake, the body converts to burning predominantly fat for fuel, which results in ketosis.

The initial drop in weight is brought on by fluid loss caused by consuming fewer carbohydrates and calories as well as ketosis-induced appetite suppression.

What we don't know is the long-term implications of these diets. Does the consumption of a diet high in animal protein and fat lead to high blood fats, some cancers and osteoporosis? Despite some recent studies finding that, for the short

term, low carbohydrate diets had no significant adverse effects on the fats and sugars in the blood, nor on blood pressure, there is not enough evidence to support or refute these diets.



linda FOX

Registered Dietitian

We know that weight loss is independent of diet composition; any dietary changes resulting in lower calorie intake results in weight loss. However, if the diet is drastically different from a person's usual diet, it may be difficult to maintain the weight loss over the long term. In fact, when a low carbohydrate dieter resumes a normal carbohydrate intake, he/she usually regains the amount of weight lost - plus some!

We also know that diets incorporating all food groups are associated with better health and longer life. Any diet that recommends cutting out or reducing fruits, vegetables, grains or milk may result in inadequate intake of important nutrients that help to prevent a range of diseases.

For example, there is evidence to support the need for

adequate calcium and Vitamin D to produce healthy bones. As well, a study published in 1997 concluded "...consumption of five servings or more of a variety of vegetables and fruit could, by itself, decrease overall cancer incidence by at least 20%."

What's the bottom line? If a person is overweight, any amount of gradual weight loss will reduce the risk of developing health problems. For many overweight individuals, selecting a variety of foods according to Canada's Food Guide will help to achieve weight loss, while at the same time ensuring intake of adequate amounts of nutrients to maintain health. Canada's Food Guide recommends a range of servings for each food group, depending on age and activity level. Those trying to lose weight should aim for the lower end of each of these ranges - and pay attention to portion sizes! Adequate physical activity is also essential in any weight loss program. Health Canada recommends 30 to 60 minutes of endurance -type activity (walking, swimming) four to seven days a week along with regular stretching and strength-training activities.

For more information, call Linda Fox, RD at the Elk Point Health Centre. 741-1020

Alberta adds to its emblems

Do you know the official emblems for Alberta? For those of you who could answer this question, did you know that Alberta is celebrating the addition of a new provincial emblem? Well, we are celebrating the addition of a new provincial emblem - Rough Fescue grass (*Festuca scabrella*) thanks to a private member's bill sponsored by Don Tannas, MLA for Highwood.

Rough fescue grasslands are mainly found in Canada, and Alberta has the largest area of this grassland in the world. In the foothills, rough fescue is easily recognized because it forms large tussocks known as bunch grass and has purplish stem bases. In the parkland, it has a more spreading growth habit. It provides excellent forage for livestock, in summer or winter, and is the more common native grass in Alberta's foothills ranchlands. It also provides prime winter forage for bighorn sheep, deer, elk and bison. It is a symbol of Alberta's prairie heritage and the need for the conservation of our rich biodiversity of native grasslands.

Just in case some of you don't know all the official emblems for Alberta, let me list them. In addition to rough fescue, Alberta's other natural heritage provincial emblems include the wild rose (provincial flower), the lodgepole pine (provincial tree), petrified wood (provincial stone), the great horned owl (provincial bird), the Rocky Mountain bighorn sheep (provincial mammal) and the bull trout (provincial fish). In your travels around Alberta this summer, how many of these emblems have you been able to see?

Speaking of provincial emblems let me ask you a provincial question. Did you know that the Provincial Archives building have

moved? I have been to the old building a few times. It was located on the west side of the Provincial Museum on Stony Plain Road in Edmonton. Well, now the Provincial Archives have moved to a new larger location. The Provincial Archives in the old building closed to the public Tuesday, April 8 and reopened



deanna EASTHOPE

from the FCSS desk

Tuesday, May 6 in the new location. The major move is still being completed over the summer. Where are the Provincial Archives now located? The Provincial Archives are now located at 8555 Roper Road in south-east Edmonton. This new home is close to major roadways, can be reached easily by public transportation and offers plenty of free parking.

The Archives' holdings range from records of the Oblate missionaries dating back to the late 1800s, to business records and maps from Canadian National Railways (CN), representing over a century of western Canadian history. There are even home movies shot by Albertans between 1920 and 1970 that provide a unique perspective on the social history of the province during that period. All of it is considered to be material of permanent value and of historical significance to Alberta. As Sandra Thomson, the provincial archivist and director of the Provincial Archives of Alberta said: "when I was a kid taking social studies courses, I used to wonder, 'How do they know all this stuff happened?' Well, it's because we have these kinds of records. So come to us and we'll tell you what happened in Alberta."

So whether you are able to see and find out our Provincial emblems or whether you are able to visit the Provincial Archives at its new location, I hope you are enjoying Alberta this summer.

Elk Point REVIEW

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community NEWS

Profile of an author: everyone's favorite "king of horror"

By April Gusnowski
Elk Point Public Library

"When asked, 'How do you write?' I invariably answer, 'one word at a time.'"

- Stephen King

Who is Stephen King? When asked this question one is often inclined to respond, "The king of horror... who else?" But how much does one really know about King, King the person and King the author? Let's start at the beginning.

Stephen Edwin King was born on September 21, 1947 in Portland General Hospital, Maine. He was definitely a surprise to his parents as his mother was told she would never bear children. His only sibling is David Victor King, whom his parents adopted. King finished high school and went on to university to get a BA in English and a minor in Speech. It was in university that he met his wife, Tabitha. They later had three children: two

boys and a girl, and King is now a proud grandfather. King's life wasn't as perfect as it sounds, though. His father abandoned his mother when he was only two years of age, going out for a pack of "smokes" but never returning home. King said in an interview in 1988: "I have a sense of injustice that came... My mother was a single parent... she went through a lot of menial jobs. We were the little people. We were dragged from pillar to post, and there was none of this equal opportunity stuff going on at that time. We were latchkey kids before there were latchkey kids, and she was a female wage earner when basically, women cleaned up other people's messes. And she never complained about it... but I wasn't dumb and I wasn't blind. And I got a sense of who was being taken advantage of and who was lorded it over the other people. A lot of that sense of injustice stayed. It stuck with me, and it's still in

the books today." Perhaps King's childhood isn't the only personal background that comes through in his writing. It's also possible he can write horror books so well because of his own personal fears: apparently the King of All Evil will run from spiders. He also fears death, insects, closed in places, rats, snakes, deformity, squishy things, the dark, and he fears for other people while fearing others altogether.

Now let's get to

Stephen King the author, that is after all, what he is known for. As I said earlier, he has been labeled as the horror king, the master of darkness, etc., but things aren't always as they seem. King isn't a one-genre type of author. For instance, King's earliest works, which he sold at school for a whopping 30¢ each, were science fiction. It's rumored he gave this up because he didn't know much about science, he ignored scientific

details, and thus they lacked technical merit. Two other titles worth mentioning are "The Girl Who Loved Tom Gordon" and "My Pretty Pony", neither fit into the "horror" section of the library. Whether or not you think you like Stephen King, chances are you've enjoyed movies based on his books. "The Running Man", "Apt Pupil", "Stand By Me", "Shawshank Redemption", "Delores Claiborne", "The Green Mile" and "Hearts In Atlantis" are only some of the vast majority of non-horror movies based on his books. It is

also true that King is a published poet. Though I regret I don't have a sample to insert into this article, I'm sure there is a website somewhere that features one or two. When talking about Stephen King, it's also important to mention that he has a different pen name he writes under. If you've ever read a book by Richard Bachman and loved it, guess what... you're a King fan at heart. I hope that the next time you see a Stephen King novel you'll flip it over and read the back before passing it off as just another horror story.

Pioneer Circle bingo

July 28, 2003

Sam Barstad \$30, Harry Shankowski \$40, Wanda Lajimodiere \$68, John Joe Fryingpan \$10, Christina Desjarlais \$30, Caroline Shankowski \$90, Zelma Krucik \$48, Evelyn Bardoel \$60, Arlene Bochon \$15, Percy Best \$15, Bernice Bykowski \$30, Annette McPherson \$30, Carol Maas \$30, Helen Trach \$28, Ann Palynchuk \$46, Glen Foureyes \$50, Vi Lillemoen \$93, Pearl Slywka \$14, Lillian Buksa \$14, Leatha Ockerman \$28, Phyllis Krucik \$28, Debbie Orr \$28, Helen Trach \$200.

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OBITUARY

OSOLINSKY, Josephine (nee ZAROWNY)

It is with great sadness that we announce the passing of Josephine Osolinsky on Sunday, July 27, 2003.

Born in Northern Valley, AB., September 24, 1915, Josephine is survived and sorely missed by Joe, her husband and life companion for 58 years; her daughter, Pat (George) Stephen; and her son, Dan (Lorinda); grandsons, Maxwell and Zachary; brother, Anton Zarowny (Phyllis) of Elk Point, AB., two sisters, Pauline Bodnar of Vancouver, BC and Anne McAuley of Brighton, ON; and sister-in-law, Pearl Zarowny of Elk Point, AB. She was dearly loved and will also be sadly missed by many nephews, nieces and friends. Predeceased by her parents, Peter and Mary Zarowny; brothers, Jack and Mike; brothers-in-law, Paul and Leo.

Josephine devoted herself to her family and always had a special place in her heart for her grandsons. She had a kind and caring nature and will be forever in our hearts and thoughts. A special thank you to doctors, Dr. Roberta Grynoch, Dr. Larett, and Dr. Searles for looking after Josephine over the past years.

Funeral Service Wednesday, July 30 at 10:00 am at Evergreen Funeral Chapel, 16204 Fort Road, Edmonton. In lieu of floral tributes, donations may be made to the Cross Cancer Institute, Alberta Cancer Foundation, 11560 University Avenue, Edmonton, AB., T6G 1Z2. To send condolences, visit: www.parkmemorial.com

Park Memorial, Edmonton 426-0050. Family Owned Funeral Home, Crematorium, Reception Centre.

Happy 100th Birthday Granddad



Love, Colin, Denise, Rhianna, David, Elaine, Tina & Brad

PRAYER TO THE SACRED HEART

May the sacred heart of Jesus be praised, adored and glorified throughout the world forever. Amen. Say six times a day for nine days and remember to promise publication and your prayer will be answered no matter how impossible it may seem to you before the ninth day.

L.L.

CHURCH SERVICES

Elk Point Baptist Church 5705 - 49 St., Elk Point Pastor Jim MacLellan Family Worship Service Sundays - 10:00 a.m. Sunday School - 11:15 a.m. Call 724-4194 for more information or see our Website: geocities.com/elkptbapt	Calvary Family Fellowship Pastor Jerry Richards Meeting at E-Can Training Room Sunday Worship 10:00 a.m. Prayer & Bible Study 7:00 p.m. Thursdays at 5109 - 59 Ave. Phone 724-4991 for information.	St. Michael's Roman Catholic Church Fr. Nong (645-3277 or 724-3170) Sundays: Mass 11:30 a.m. 1st Tuesday of the month: 4 p.m. Mass at Extended Care 1st Friday of the month: 7 p.m. Mass followed by Holy Hour/Benediction Fridays: Bible Study 7:30 p.m. Confessions: Before and after Mass and upon request
St. Vladmirs' Ukrainian Orthodox Church, Elk Point For service times, call 645-5156, St. Paul or 724-4351, Elk Point.	Elk Point Christian Community Church Phone 724-2493 Pastor Richard Owen Congregational Followers of Jesus Christ extending God's work Railway Avenue and 53 St. Sunday Worship - 10:00 a.m. Sunday School - 10:00 a.m.	Bethel Lutheran Church of Lea Park Weekly Services, 10:30 a.m. Holy Communion 2nd and 3rd Sundays
United Church of Canada 4822 - 50 Ave., Elk Point Rev. Jope Langejans, 724-3616 Worship Service - Sunday 10:00 a.m. Sunday School 10:00 a.m. "Come and be Welcomed - Come and Be Nurtured"	Bible Fellowship Church Clondonald Services held every Sunday at 11:00 a.m.	

Experienced REGISTERED DENTAL ASSISTANT
Level II Required - Full-Time Position
at the Elk Point Dental Centre
4905-49 Ave., Elk Point, AB.
A resume is required as an application for this position.
These may be mailed to:
Box 674, Elk Point, AB., T0A 1A0
Fax to 724-2847 or brought to the Dental Centre.
Only those to be interviewed will be contacted.

review COMMUNITY NEWSLINE

"Mother to Mother" Breastfeeding Support Group - meets 4th Monday of every month, 10 a.m. Call 724-3332 for more info. Expectant mothers and older siblings welcome.

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

"New To Town" FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902 - 51 Street.

Elk Point Public Library - HOURS: Mon., Tues., Thurs. 1 p.m. - 5 p.m., Wed., 1 p.m. - 8 p.m., Fri., 10 a.m. - 5 p.m. Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Health Centre Auxiliary meets every fourth Monday at 7:30 p.m. in the Elk Point Health Centre meeting room. Everyone welcome!

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950

Adoption/ Foster Support Krew - meets every second Thursday. For more info call Judi at 724-2118.

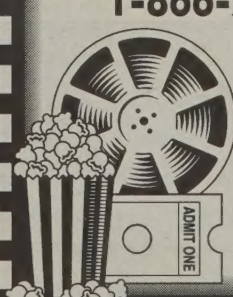
Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

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ELITE THEATRE
24 Hr. Info Line 645-3448 or Toll Free 1-866-245-3448
Visit us at: www.magiclanterntheatres.ca

Phone our 24 Hour Info Line at
(780) 645-3448
for show listings and times
OR Toll Free at
1-866-245-3448

COMING SOON

- Uptown Girls
- Shaolin Soccer
- S.W.A.T.



review CLASSIFIEDS

CLASSIFIED INDEX

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13..... Livestock	100..... Display Ads

1 AUCTION

COLLECTOR CAR AUCTION, Red Deer, Sunday, August 24, 12 Noon, Parkland Pavilion, Westerner. Consign your cars today! 1-888-560-2277 or online: <http://www.vintageauctions.ca>.

2 AUTO

'98 CHEV. SILVERADO 4X4 - Loaded, excellent condition, sprayed box liner, hitch, new tires, \$18,000 plus GST. 726-2168. Aug5

2000 DODGE DAKOTA SPORT - 4x4, auto, a/t/c, 3.9 L, V6 Magnum, spray in box liner, 51,000 kms. \$16,900 obo. MUST SELL! Call 645-6631 or 614-7577. Aug5

2001 CHEV. IMPALA - Mint, 29,000 km, 1-year GM warranty, options include onstar, p/s, p/b, cruise, air and more. \$16,900. Phone 780-645-1200. Aug5

1979 FORD 900 WATER TRUCK - Automatic, with 1000 gallon tank, 4 hp Honda water pump, \$2,995 obo. Don 636-3522, Doug 636-2146. Aug5

AUTO/TRUCK PARTS. Over 450 engines, transys, diff. Aftermarket headlights, mirrors, doors, taillights. Plus more. Lots of 4 x 4 parts. Northeast Recyclers. We ship anywhere; 1-877-903-3325.

CREDIT PROBLEMS? Need a vehicle? If you have a job and down payment - No credit refused! Cars On Time, Edmonton 780-440-2703 or toll free 1-800-831-4129.

4 BUSINESS OPPORTUNITIES

EXISTING LOCATIONS AVAILABLE. TrueValue Hardware, V&S Options, Country Depot. No franchise fees. Members receive yearly dividends. Ongoing field support. Call TruServ Canada today and be part of our team. Toll free 1-800-665-5085.

OILFIELD MAINTENANCE and construction company for sale. Serious inquiries only. Call 403-566-8553.

HOTEL FOR SALE. Bar, rooms, cafe, Luseland, Sask. 5 VLT's, only ATM in town, inland grain terminal, K-12 school, good farming, oil activity. Must be seen. 306-372-4691, Glen.

SECOND HAND/Antique store. Over two years. Turn key operation. Year round sales. Growing community. Annual sales \$100,000. plus. Excellent opportunity. Phone 780-778-3285.

WORK FROM HOME. Be your own boss. Earn accordingly up to your potential. To find out how, send S.A.S.E. to: Box 424, Thorhild, AB, T0A 3J0.

GREAT CANADIAN DOLLAR STORE franchise opportunities. With more than 100 stores across Canada, we offer one of the most thrilling and affordable franchises to own. To learn more, visit our website: www.dollarstores.com or call toll free 1-877-388-0123.

PRINT AND PROMOTIONAL shop for sale in Central Alberta. Successful 7 year old business with large clientele. Unlimited potential. Includes inventory and equipment. 403-556-1141, Louise.

RETAIL/WHOLESALE bakery for sale. Located in the busiest economy in Alberta, Rocky Mountain House. Sales of \$300+ and growing. Asking \$150,000. Fax inquiry 403-845-5457.

6 EMPLOYMENT OPPORTUNITIES

HEAVY DUTY TECHNICIANS. John Deere experience an asset. Please submit resume to: Dan Sebo, Service Manager, Peyre Farm Equipment Ltd., Box 1140, High Prairie, AB, T0G 1E0 or fax 780-523-5251.

6 EMPLOYMENT OPPORTUNITIES

TM MINARD TRUCKING International Carriers (in business for 24 years) is looking for professional owner/operators. Specializing in all aspects of open deck freight. Earn up to \$1.40/mile, we pay for license cargo, liability, tolls, permits and scales. Regular home time provided. Please call 1-877-842-3288.

PERMANENT/FULL-TIME position. Dispatcher. We are looking for a highly skilled individual to handle a very busy and challenging position that requires scheduled shift work. Must be willing and able to work in a team environment. Must have excellent communication skills. Self motivated and have good time management skills. Oilfield trucking experience required. Progressive benefit package available. Above average compensation commensurate with experience. Must be willing to locate in Fox Creek. Fax resume to: McClelland Oil Services Inc., Fox Creek, Alberta. 780-622-2401. Only those applicants selected for an interview will be contacted.

MILL OPERATOR - Venture Feeds (Irma, Alberta). Operate feed mill, handle physical and mechanical labour, work independently. Competitive salary, benefits program, modern facility. Fax resume 780-754-2709. Phone 780-754-2708.

SENIORS. 25 year old company looking for commission sales people. Farm and/or business background definite asset. Call Bill Serediuk 403-947-2427.

6 EMPLOYMENT OPPORTUNITIES

AUTOMOTIVE TECHNICIAN required. Alignment experience. Will consider 3rd or 4th year apprentice. Full benefit package. Wages \$18. - \$21/hour. OK Tire, Innisfail, Alberta. Fax resume to 403-227-1370.

BIG EAGLE Hydro-Vac Services requires immediately, vacuum truck drivers, hydro-vac truck drivers, water truck drivers. You need 3 years driving experience, clean driver's abstract, over 25 years old. We provide top wages, benefits, new equipment, top notch equipment such as hibern blowers, mechanical agitators, full support team (mechanics and field safety rep). Resumes including driver's abstract, fax 780-672-0020 or call Monday - Friday, 9 a.m. - 5 p.m., 780-672-3901

PARTSPERSON - Experienced. Required by large multi-store Alberta auto/hd jobber at its operations in Brooks. Competitive salary and benefits package. Fax resume to 403-362-4746.

1 Part-Time
JANITORIAL POSITION

Required by
ELK POINT CO-OP GROCERY STORE

Apply to Dwayne

6 EMPLOYMENT OPPORTUNITIES

AUTO TECHNICIAN required immediately. Experienced Chrysler auto technician. Transmission experience preferred. Top wages and training provided in central Alberta. Reply to: Service Manager, Heritage Chrysler, Lacombe, Alberta, 1-800-661-5277. Fax 403-782-3360.

6 EMPLOYMENT OPPORTUNITIES

FULL-TIME AND PART-TIME tank truck drivers with Class 1 licence. Experience in oilfield and chemical hauling required. Off road experience an asset. Drivers abstract and drug testing mandatory. Please fax resume with references to 780-985-3318.



OPERATORS REQUIRED

Class 1 - Tri-Vac
Class 3 - Pressure Truck

-- Experience Preferred --

Driving experience required.
May train for necessary application.

Fax resume to 724-3032

ELK POINT HERITAGE LODGE

Requires a Part-Time

HOUSEKEEPER / KITCHEN AIDE

General housekeeping and kitchen duties. Shift work and some weekends involved. Submit resumes to the: **Heritage Lodge, Box 780, Elk Point, AB., T0A 1A0 or drop off at 5338-50 Ave., Elk Point. Closing date: August 15, 2003. For more information Ph. 724-4449.**

Evening Clerk Required

Full or Part-Time Clerk Required to work evenings, alternate weekends off

Students are encouraged to apply. We provide a pleasant environment, excellent pay and a full benefit package.



APPLY IN PERSON AT:
TAGS Food & Gas
Elk Point - 724-4373





County of St. Paul No. 19 Family School Liaison Worker (F.S.L.W.)

The County of St. Paul No. 19 Family and Community Support Services is accepting applications for a Family School Liaison Worker for the Heinsburg Community, three days per week.

- This Contract position will begin August 25, 2003 and conclude June 2004 - School Term.
- Applicants should possess a Diploma / Degree in Child and Youth Care or Social Sciences. Equivalents will be considered.
- The F.S.L.W. will provide one on one support to students, liaison with families and provide consultation to school staff and agency referrals.
- Applicant should be self motivated and prepared to work within the school team.
- Position may involve some flexible hours and travel.

Please include employment references & salary expectation. Resumes will be accepted until 4:30 pm - August 12, 2003.

Forward resumes to:
County of St. Paul No. 19 F.C.S.S. Board
5015-49 Avenue, St. Paul, AB., T0A 3A4

For further information please contact Linnette Newby at (780) 645-1950 or Fax (780) 645-3104.

We appreciate the interest by all applicants, however only successful candidates will be contacted.

CAREER OPPORTUNITY



Are You Interested In:

Regular Schedule, Full Benefit Package and Profit Share Working for a Reputable Company in the Oilfield Service Industry

Shift Work: 8 Days On 6 Days Off

Currently Over 300 Team Members -- Located in Elk Point / Fort Kent / Wabasca

You Provide: A Positive Attitude, Initiative and a Willingness to Succeed

E-Can Provides: All Safety Courses * Training

VALID CLASS 1 OR 3 LICENSE A PREREQUISITE FOR OPERATOR POSITIONS

Positions Available: Elk Point / Fort Kent

- * Pressure Operators
- * Vacuum Operators

Fax Resumes to (780) 724-2166
NO TELEPHONE INQUIRIES PLEASE

CLASSIFIED AD RATES

ELK POINT REVIEW Tuesdays - \$5.00 per week + GST
ST. PAUL JOURNAL Tuesdays - \$6.00 per week + GST
BONNYVILLE NOUVELLE Mondays - \$7.75 per week + GST
COLD LAKE SUN Tuesdays - \$8.75 per week + GST
COMBINATION OF 3 PAPERS - \$14.00 / WEEK
COMBINATION OF 4 PAPERS - \$18.00 / WEEK
(20 cents per word per newspaper insert over 20 words)

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COMBINATION CLASSIFIEDS

Your classified ad can be read in over 10,000 papers.
Select your classified readership for as little as \$5.00 / week.

**** Bonus: St. Paul Journal Classifieds**
also featured online at www.spjournal.com

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

THE WINNING TEAM



YOU AND THE CLASSIFIEDS GET YOU WHERE YOU WANT TO GO

Place your order at either of our offices:
Elk Point Review - 724-4087
St. Paul Journal - 645-3342

review CLASSIFIEDS

6 EMPLOYMENT OPPORTUNITIES

PEACE COUNTRY CO-OP Grocery Manager. Located approximately 500 km North of Edmonton, Peace Country Co-op serves a trading area of 30,000. The community offers a hospital, elementary and high school, rink, golf course, and all the amenities of a tourist area. Peace Country Co-op is currently recruiting a Grocery Manager for a \$6 million food operation. Reporting to the General Manager, this multi-task position requires strong technical knowledge and experience in grocery marketing, high standards in merchandising and customer service along with the ability to organize and delegate. Leadership is critical to success and future advancement. As a member of the Co-operative Retailing System (CRS) Peace Country Co-op is one of over 300 retailers plus our wholesale and manufacturing concerns. The CRS employees number approximately 18,000 and enjoy on-going training, opportunity for advancement, relocation and diverse career options. Please submit resume including salary expectations to: General Manager, Peace Country Co-operative Limited, 9714 - 96 Ave., Peace River, AB, T8S 1R5. 780-624-1096. Fax 780-624-1301. We thank all applicants for their interest. Only those selected for an interview will be contacted. **OKANAGAN IS HOPPING!** Dynamic successful flooring salesperson wanted in Vernon. Fax resume to 250-545-0083 or email to john.kehler@hbcvernon.ca.

EXPERIENCED MEAT CUTTER wanted. Full-time position. Apply in person or fax resume: Parkland Packers, 4915 - 52 Ave., Stony Plain. Fax 780-963-4697.

SWABS - Wetaskiwin Chevrolet. Service Department is growing again with our customer satisfaction at an all time high. We have to hire more technicians. If you have dealership experience and GM training, you may be the person we are looking for. We offer a positive, team-oriented work environment along with an aggressive pay plan and complete company benefits package. Submit resume or contact Larry McLeod in strictest confidence at: Swabs - Wetaskiwin Chevrolet, 4710 - 56 St., Wetaskiwin, AB, T9A 2E8. Phone 780-352-2206; 780-422-6474.

FULL-TIME AG Service Rep required by the Innisfail Co-op to coordinate chemical/fertilizer application/deliveries, equipment rentals and maintenance and assist with pesticide application, soil testing, sales, farm calls, etc. Submit resume by fax 403-227-2652 or email: wdaring@innisfailco-op.com.

AUTOBODY TECHNICIAN, apprentice or licensed required. Offering competitive wages and benefit package. Training provided. Send resume to: Westlock Chevrolet Oldsmobile Ltd. Collision Centre, 10415 - 104 Ave., Westlock, AB, T7P 2E4 or contact Todd Ducharme, 780-349-3336 or Terry O'Donnell at 780-349-6116.

OPERATORS, LABOURERS, fitters and drivers needed immediately by pipeline company. Fax resume to Target Excavating at 780-753-3906 or phone 780-753-3931.

GROWING ALBERTA based corral cleaning company is looking for a manager/operator that is reliable, self-motivated, mechanically inclined and able to deal with customers. Must have Class 1 or 3 with air and clean abstract. Must be able to operate various types of equipment. Please fax resume and abstract 403-337-0007.

DENHAM CHRYSLER Lloydminster requires sales people due to recent expansion. Apply to: Rod Ehalt, 1-800-561-5337. New building, new management, new dealership.

G ACCOUNT MANAGER - Central Alberta - Experienced ag lender required. Our client is truly dedicated to the agricultural industry. AgCall Human Resources: www.agcall.com. Phone Steve Peddie 403-256-1229.

EXPANDING SOUTHERN ALBERTA custom meat processing facility requiring experienced full-time permanent meat cutting/slaughtering personnel. Competitive industry wages, company benefits, relocation assistance packages. Serious applicants only. Phone 1-800-558-4788, 1-403-345-2199 or fax resume to 1-403-345-3390.

FORD MASTER TECHNICIAN. Pays \$29.50 flat rate at Landing Ford. Full benefits. Fax resume: Attention: Don, 780-675-5818. Email: d-yurkew@deal-eremail.com.

OUTSIDE PARTS/SERVICE Sales Manager required for aggressive agriculture equipment dealership. If you are an ambitious, hardworking individual, we have the career for you. Must be outgoing, innovative, and self motivated. Strong organizational skills with agriculture background an asset. This is an excellent opportunity for the right person. Excellent compensation available. Lots of potential for the right individual. Please send resume to: Curtis Borduzak, 11140 - 100 St., Westlock, AB, T7P 2C3. Fax 780-349-3308. Email: curtis@agritrac.ca.

IAEXPERIENCE THE NWT. Full-time caregiver needed for minimum 4 months in Yellowknife. Children aged 3 and 6. Comfortable, private room/board available. Call Leanne 867-669-6211.

6 EMPLOYMENT OPPORTUNITIES

INSTRUMENT TECHNICIANS. Journey-men and Supervisors. E/I Contractor has full-time, long term maintenance positions available. Minimum requirements: certified instrumentation journeyman; extensive experience in a service truck environment; strong maintenance background in oil and gas; team player who excels in service and is committed to safety. Opportunities for relocation (assistance, provided). Contact: ronm@pyramidcorporation.com. Fax 780-955-4582. Direct line: 780-955-4460.

LOVE CHRISTMAS? Home & Gift Collection, Canada's premier home party company, celebrates the season all year long with the most unique product line in the industry. Decorating, entertaining, cooking, celebrating, and so much more! Enjoy it all with Home & Gift Collection! Visit us at www.homeandgiftcollection.com.

CAREER OPPORTUNITY! Bakery Manager. High volume in store bakery. Excellent starting salary plus bonus. Paid benefit package. Send resume to: Jim Turner, Cornerstone Garden Market, 1960 Strachan Road S.E., Medicine Hat, AB, T1B 4K4.

TRADES PEOPLE are in high demand! Check out over 50 apprenticeship trades including carpenters, welders, mechanics, electricians. Choose the right one for you. Cooperative trades program at Fairview College. Starts September 29, 2003. Call now. Program includes work experience - opportunity for apprenticeship. 1-888-999-7882; www.fairviewcollege.com.

12 WEEKS to a new career! Pre-employment artsman program. Not just for guys! Entry-level employment preparation; apprenticeship opportunities. September, 2003. Financial assistance; www.fairviewcollege.com, Fairview, Alberta, 1-888-999-7882.

LEARN PRO PHOTOGRAPHY with our remarkable home-study course. You receive individual tuition on all aspects of photography - sports, portraits, nudes, advertising, news and travel. Call today for your free brochure. 1-800-267-1829. New York Institute of Photography, 624 - 38 McArthur Ave., Ottawa, ON, K1L 6R2; www.qualityofcourse.com/nyi/.

STUDY MASSAGE THERAPY and keep your day job! Workshops once a month in Edmonton, plus home study and practice. Now registering for September; www.mhvicatsschool.com. 780-491-0574.

EXCITING WELL PAID careers: Computer programming/internet website design. Home Study Diploma. Laptop computers provided. Free enrollment kit 1-800-477-9578 (24 hours) CMS Training.

WANT TO LEARN A trade? Don't know which one to pick? Fairview College's Cooperative Trades program introduces you to over 50 apprenticeship trades. Work experience component. 15 weeks to paid employment. Call now. 1-888-999-7882; www.fairviewcollege.com.

7 ENTERTAINMENT & EVENTS

Heinsburg 75th Anniversary
Saturday, August 23
Parade 1:00 pm
Program - Tours - Concession -
BBQ Beef Supper
6:30 pm - Cost \$5.00
Jamboree to Follow
Everyone Welcome
(Free Camping)

8 FEED & SEED

HEATED CANOLA & FLAX also buying spring thrashed and green oil seeds.... Competitive prices on wheat, barley, peas and oats. Westcan Feed and Grain 1-877-250-5252.

ALBERTA DISTILLERS LIMITED wants your rye! Sell to the biggest user of rye and triticale in Canada. Please call Jeff for the latest prices. 403-265-2541.

HAY FOR SALE. Excellent quality. Reasonably priced. Quarry area will deliver. Phone 403-936-2497.

J.D. 566 HAY bails for sale. Vilna, 780-636-3738.

OATS & PEAS WANTED
ON FARM PICKUP
Immediate Payment.
Toll Free 866-349-2056

9 FOR RENT

FOR RENT - 2 bedroom bi-level apartment in Ashmont. New management, new upgrades. Taking applications for September 1st occupancy. Call Renée at 780-853-1985. Aug5

SHERWOOD PARK - Bedroom and Den in Condo. Shared kitchen, laundry, quick bus route to U. of A. \$450 / utilities included. Phone 780-416-0726. Aug5

FOR RENT - Executive lakefront, Lower Mann Lake. 2 bedrooms + (furniture available). References required. \$600 / month. Utilities included. 780-486-8264. Aug5

10 FOR SALE

0 HP 29" SNOWBLOWER - 6-spd., electric start. \$1,200 obo. Excellent condition. Phone 726-3805. Aug5

FOR SALE - 14x72 mobile home to be moved. Includes addition and appliances, very good condition, available immediately. \$8,000. Phone 645-4828. Aug5

FOR SALE - 1972 mobile home, 14x70. Fair to good condition, with two additions. Asking \$12,000. Call (780) 724-2268 after 6:00 pm. xxx

NEED CASH FLOW. Laminate \$0.49/sq. ft. Laminate tile \$0.99/sq. ft. 1 X 6" knotty fir \$0.80/sq. ft. Cork \$0.99/sq. ft. 3/4" oak or maple pre-fin \$3.99/sq. ft. 3/4" exotics pre-fin \$4.99/sq. ft. 1-800-631-3342.

ENJOY A PIECE of prairie history in your home. Old growth grain elevator fir timbers remilled into beautiful wide plank flooring, fireplace mantles, furniture, picture frames, etc. Prairie Wood Products, 1-403-783-7420.

ENERGY EFFICIENT prefabricated SIP homes and structures. Stronger, faster, warmer than ordinary construction. Custom design, complete shell packages. Call SIPSCO at 1-800-346-9291; www.sipsco.com.

JERRY SEINFELD TICKETS. Sunday, August 24 in Calgary. Hotel accommodation, or dinner, and premier tickets included. These tickets are for rural Alberta/NWT-YK fans only. See internet: www.dashtours.com or call Dash Tours at 1-800-265-0000.

BUILDING SALE. "Rock Bottom Prices!" Beat next price increase. 25 X 40 \$7,200. 30 X 40 \$8,800. 35 X 50 \$13,200. 40 X 80 \$17,700. 50 X 120 \$36,000. Many others. 1-800-668-5422. Pioneer - since 1980.

DIESEL TRUCKS. Improve power, economy, chips, kits for Dodge, Ford, Chev, gas, diesel. Up to 100 HP 160 lbs. torque extra at rear wheels. Unbelievable responsiveness. DSG 1-800-667-6879.

2003 GREY CUP. November 16 in Regina. 3 nights hotel accommodation and sideline tickets available. Book early! See internet: www.dashtours.com or call 1-800-265-0000.

6.5 DIESEL ENGINES. Superior rebuilds. Heat resistant pistons. Timing gears replace chain. Main webs reinforced. Bullet proof, Dyno tested. 1 year unlimited mileage warranty. 1-800-667-6879.

WHOLESALE ENGINE PARTS. Cummins overhaul kits from \$1046. Cat 3406B from \$2195. Best quality at factory direct prices. Plus Detroit and much more. Exchange Engines. DSG 1-800-667-6879.

FUTURE STEEL BUILDINGS - Durable, dependable, pre-engineered all-steel structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call 1-800-668-8653 ext. 536 for free brochure.

CORAL CALCIUM "EXTRA" 100 capsules, 530 mgs 100% pure marine coral calcium from Okinawa, Japan as endorsed and recommended by Robert Barefoot on T.V. 265 mgs magnesium with other vitamins and nutrients added. Serving weight 2564 mgs. You compare. 1-866-319-0708, Calgary; www.curecanada.com.

AT LAST! An iron filter that works. IronEater! Fully patented Canada/U.S.A. Removes iron, hardness, sulfur, smell, manganese from well water. Since 1957. Phone 1-800-BIGIRON; www.bigiron-drilling.com.

LET YOUR TOES hang out. Thick ugly nails? Get fast results using Barefoot. Safe, effective. Send cheque or money order \$28. to: Barefoot, Box 539, Berwyn, AB, T0H 0E0.

SPRUCE TREES 2 - 6 feet. Starting at \$8. Province-wide delivery. Ask about seniors discount. Planting service and guarantee. Discount Tree Sales (1991), 403-556-4450.

SELECTIVEVEND POP and snack vending machine for \$5,000. o.b.o. Only used for 9 months. Like new condition. Call 403-793-2674 days or 403-362-4334 evenings and weekends.

SAWMILL \$4995. All new Super Lumbermate 2000, larger capacities, more options. Norwood Industries, manufacturer of sawmills, edgers and skidders. Free information, 1-800-566-6899, ext. 400. OT.

BEST BUY HOMES. New/used 14, 16, 20 ft. wide. Also, modular homes. Call toll free for plans and pricing. 1-877-396-5564. "We Serve, We Deliver."

10 FOR SALE

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17 NOTICES/LEGAL

Notice to Creditors & Claimants

Estate of ANN RUZYCKI, who died on February 14, 2003.

If you have a claim against this estate, you must file your claim by **September 6, 2003** and provide details of your claim with **Sharon Smith, Box 810, Elk Point, AB., T0A 1A0.**

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

18 PERSONAL

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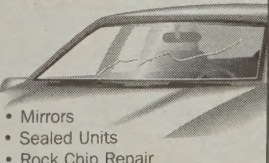
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